



### **October Meal Package**

**3 Nights - 6 Meals \$ 75**

**4 Nights - 8 Meals \$ 96**

**5 Nights - 10 Meals \$ 115**

### **BLUE CRAB & SALMON GRIDDLE CAKE**

herb roasted potatoes/balsamic Brussels sprouts

\*chili serrano yogurt dressing\*

### **CAPRESE CHICKEN & QUINOA**

chicken, quinoa, heirloom tomatoes, fresh mozzarella, basil

\*tomato yogurt sauce\*

### **CILANTRO LIME SALMON BOWL**

salmon, brown rice, peppers, red onion, avocado

\*cilantro lime marinade\*

### **STUFFED CABBAGE**

brown rice & ground beef, onion, garlic, parsley, Italian seasonings

\*fresh tomato sauce\*

### **BERRY QUINOA SALAD**

lemon herb quinoa, herb goat cheese, strawberries, blueberries, cucumber,

toasted almonds, fresh basil, spinach

\*house made balsamic dressing\*

### **KOREAN BOWL**

flank steak, brown rice, shredded carrots, cucumber, radish, bean sprouts, kimchi, spinach

\*Korean BBQ sauce\*

### **SPAGHETTI PIE CASSEROLE**

ground beef, sweet Italian sausage, onion, peppers, cottage cheese, asiago, lo-fat mozzarella

\*house made marinara sauce\*